

Prevalence of professional burnout and its related factors among nurses in Tabriz in 2010

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ABSTRACT

Introduction: Burnout is a syndrome containing three dimensions of emotional exhaustion, depersonalization, and reduction of personal accomplishment. Nurses are exposed to professional burnout (PB) due to their exposure to physical, mental, and emotional stressors, which can lead to numerous complications in their personal, social, and organizational life. This study aimed to define the prevalence of PB amongst nurses working in hospitals in Tabriz and to detect its related effective factors in 2010. **Materials and Methods:** This is a cross-sectional analytical study conducted on all selected nurses working in hospitals in Tabriz. The questionnaires were filled and returned by 712 subjects after taking their consent. The data were collected by a questionnaire including questions on demographic characteristics and Maslach Burnout Inventory (MBI). Independent t-test was employed to compare mean quantitative variables in two groups of individuals with and without PB. Chi-square test was also adopted to compare the prevalence of PB in levels of qualitative variables. Logistic regression test was employed for multiple analyses of PB related factors. In this analysis, variables in level of 0.2 which had an association with PB as a single variable were entered to the model. **Results:** Among the nurses taking part in the study, 156 (21.9%, CI 95%: 19.0-25.1) suffered from PB based on its definition. The risk of burnout is increased by 1.12-folds for each overwork night shift. Higher education increases professional burnout by 3.17-folds. **Conclusion:** The prevalence of burnout among nurses in Tabriz was revealed. Night shift and education level were shown to have an association with professional burnout.

Key words: Depersonalization, educational status, emotional exhaustion, Iran, nursing, personal accomplishment, professional burnout, shift work

INTRODUCTION

Professional burnout (PB) is negative transformations of attitude, spirit, and behavior in confrontation with mental work related pressures. This is made by severe occupational stress leading to various physical and mental diseases as well as a negative attitude toward professional activities and lack of appropriate communications with the patients. Signs of this syndrome are revealed when individuals' abilities are not enough for the demands in work environment. It contains three dimensions of emotional exhaustion, depersonalization, and reduction of personal accomplishment. Based on Maslach's definition, emotional burnout is quite similar to variable of mental pressure, ruining all emotional resources of the individuals. Depersonalization

is a negative and cruel response to those receivers of services and is referred to individuals' negative view about their clients. Reduction of personal capability, a feeling of lower capability in doing personal duties, is counted as a negative evaluation of one's work.^[1] This syndrome leaves numerous effects in individuals' social, physical, and psychological life and can lead to a reduction in quality of given care, quitting job, work absenteeism, any/or low spirit. This can also be associated with disorders such as physical fatigue, insomnia, alcohol consumption, drug abuse, and familial and marital problems.^[1] Burnout syndrome is not a mental disorder, but can gradually result in a mental disability through time. Health staffs and nurses who are in close touch with other people are responsible for their health and life, and are more predisposed to develop this syndrome due to facing stressors such as patients' mortality, inter personal problems, low social support, high workload, risk of malpractice, the existing obstacle, inpatients' care as well as night shifts.^[2] With regard to the mentioned reasons, nursing is ranked as a stressful profession.

Recognition and prevention of PB among nurses bring about promotion of their mental health, level of quality, and more efficient services, as the quality of patients' care is reduced amongst nurses who suffer from PB.^[3-5]

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